

BERNY AM1970M

BERNY Automatic Dive Watch AM1970M User Manual

Model: AM1970M

1. INTRODUCTION

This manual provides comprehensive instructions for the BERNY Automatic Dive Watch, model AM1970M. Designed for reliability and functionality, this timepiece features an automatic mechanical movement, 200 meters of water resistance, and a durable sapphire crystal. Please read this manual carefully to understand the proper operation and maintenance of your watch.





Image 1.1: Front view of the BERNY Automatic Dive Watch AM1970M, showcasing its black dial, luminous markers, and black fluororubber strap.

2. WATCH COMPONENTS

Familiarize yourself with the main components of your BERNY dive watch:

- **Case:** The main body of the watch, made of stainless steel.
- **Crowns:** Two screw-down crowns located on the right side of the case. The upper crown controls the inner rotating bezel, and the lower crown sets the time and date.
- **Dial:** The watch face displaying time markers, hands, and the date window.
- **Hands:** Hour, minute, and second hands, all featuring luminous material.
- **Inner Rotating Bezel:** An internal ring with minute markers, used for timing elapsed events.
- **Sapphire Crystal:** The transparent cover over the dial, highly scratch-resistant with an anti-reflective coating.
- **Strap:** A durable and comfortable fluororubber band with a tang buckle.



Image 2.1: Key features of the watch, including the bidirectional rotating inner bezel, date display, and screw-in crown mechanism.

3. SETUP AND INITIAL OPERATION

3.1. Winding the Watch

Your BERNY AM1970M watch is equipped with a Japanese Miyota 8215 automatic mechanical movement. It is powered by the motion of your wrist. If the watch has stopped or is low on power, it can be manually wound:

1. **Unscrew the lower crown:** Turn the lower crown counter-clockwise until it springs free from the case.
2. **Manual Winding:** In position 0 (crown unscrewed but not pulled out), turn the crown clockwise approximately 20-30 times. This will provide enough power reserve to start the watch.
3. **Secure the crown:** Push the crown back in and screw it clockwise tightly against the case to ensure water resistance.

3.2. Setting Time and Date

To set the time and date, follow these steps:

1. **Unscrew the lower crown:** Turn the lower crown counter-clockwise until it springs free.
2. **Set the Date (Position 1):** Gently pull the crown out to the first click (Position 1). Turn the crown counter-clockwise to adjust the date. Avoid setting the date between 9 PM and 3 AM, as this can damage the movement. If the current time falls within this period, first adjust the time outside this range, then set the date, and finally reset the time.
3. **Set the Time (Position 2):** Pull the crown out to the second click (Position 2). The second hand will stop. Turn the crown to adjust the hour and minute hands. To ensure accurate time, set the minute hand a few minutes past the desired time, then turn it back.
4. **Synchronize Time:** Once the correct time is set, push the crown back into Position 0 when a time signal (e.g., from a radio or phone) reaches the 12 o'clock position.
5. **Secure the crown:** Push the crown back in and screw it clockwise tightly against the case until it is fully seated. This is crucial for maintaining water resistance.



Image 3.1: Instructions for unlocking the crown by turning counter-clockwise and locking it by pressing and turning clockwise.

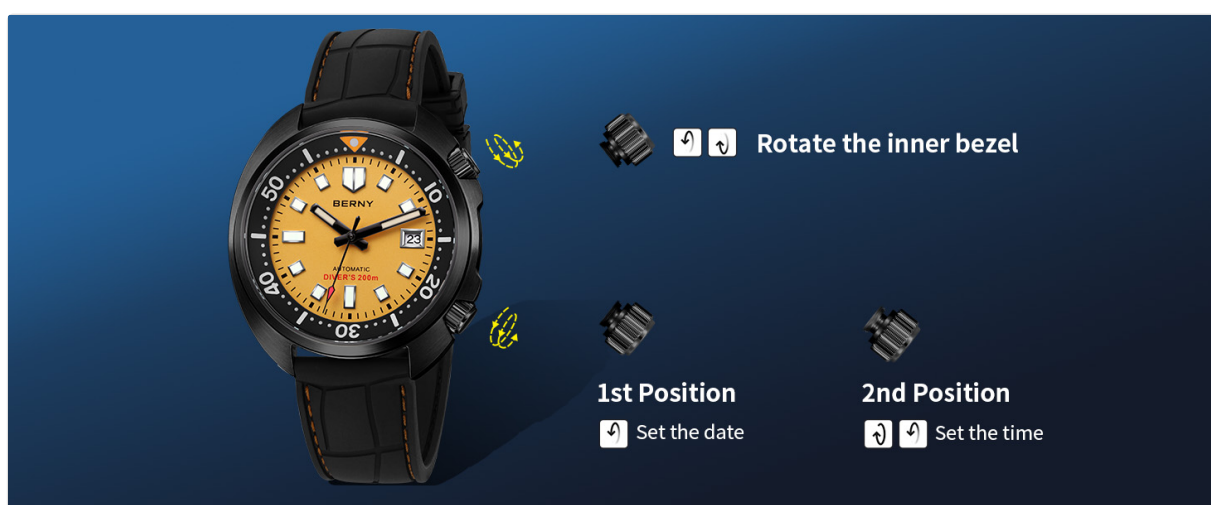


Image 3.2: The lower crown has two positions: Position 1 for setting the date and Position 2 for setting the time.

4. OPERATING FEATURES

4.1. Using the Inner Rotating Bezel

The inner rotating bezel is a crucial feature for divers to measure elapsed time. It is operated by the upper screw-down crown.

1. **Unscrew the upper crown:** Turn the upper crown counter-clockwise until it springs free.
2. **Rotate the bezel:** Turn the crown to rotate the inner bezel. Align the triangle marker on the bezel with the current minute hand at the start of your timed event (e.g., a dive).
3. **Read elapsed time:** As time passes, the minute hand will move, and its position relative to the bezel's minute scale will indicate the elapsed time.
4. **Secure the crown:** Push the upper crown back in and screw it clockwise tightly against the case to maintain water resistance.

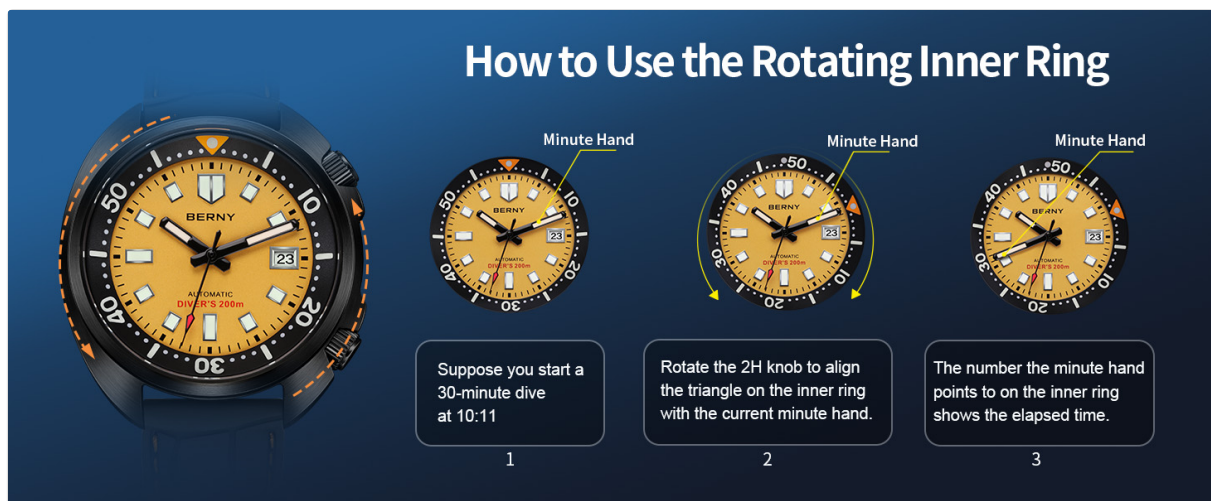


Image 4.1: Step-by-step guide on using the inner rotating bezel to track elapsed time, such as during a 30-minute dive.

4.2. Water Resistance (200M)

The BERNY AM1970M watch is rated for 200 meters (20 ATM) of water resistance. This makes it suitable for professional marine activity and serious surface water sports, but not for saturation diving. Always ensure both crowns are fully screwed down before any contact with water.

- **Do NOT operate the crowns underwater.**
- Rinse the watch with fresh water after exposure to saltwater.



Image 4.2: The BERNY dive watch demonstrating its 200M water resistance, suitable for various water activities.

4.3. Super Luminous Display

The watch features Super Luminous coatings on the hour markers, hands, and bezel markers. This ensures excellent readability in low-light conditions or underwater. The luminescence charges from light exposure and glows in the dark.



Image 4.3: The watch dial displaying its bright Super Luminous markers and hands in a dark environment.

5. CARE AND MAINTENANCE

Proper care will ensure the longevity and performance of your BERNY watch:

- **Cleaning:** Wipe the watch regularly with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and mild soap, then rinse thoroughly with fresh water (if crowns are secured) and dry.
- **Strap Care:** The fluororubber strap is durable and waterproof. Clean it with mild soap and water. Avoid prolonged exposure to harsh chemicals or extreme temperatures, which can degrade the material.
- **Avoid Shocks:** While robust, avoid dropping the watch or subjecting it to severe impacts, as this can affect the delicate mechanical movement.
- **Temperature Extremes:** Do not expose the watch to sudden temperature changes or extreme heat/cold, as this can affect gaskets and lubrication.
- **Magnetic Fields:** Keep the watch away from strong magnetic fields (e.g., speakers, refrigerators, certain electronic devices), which can affect the accuracy of the mechanical movement.
- **Service:** Mechanical watches benefit from periodic servicing (typically every 3-5 years) by a qualified watchmaker to ensure optimal performance and water resistance.

6. TROUBLESHOOTING

If you encounter issues with your watch, consider the following:

- **Watch has stopped or is running slow:** The watch may need winding. Manually wind the watch as described in Section 3.1. Ensure you wear the watch regularly for sufficient wrist movement to power the automatic movement.
- **Date or time is incorrect:** Refer to Section 3.2 for instructions on how to correctly set the time and date. Ensure the crown is fully pulled out to the correct position for adjustment.
- **Water inside the watch:** If you notice condensation or water inside the watch, immediately take it to a qualified watch repair professional. Do not attempt to open the watch yourself. This usually indicates that the crowns were not properly secured or the gaskets have failed.
- **Inaccurate timekeeping:** Mechanical watches can have slight variations in accuracy. If the deviation is significant (e.g., more than +/- 30 seconds per day), the watch may need regulation by a professional watchmaker. Exposure to strong magnetic fields can also affect accuracy; demagnetization may be required.

7. SPECIFICATIONS

Feature	Detail
Model Number	AM1970M
Movement	Japanese Miyota 8215 Automatic
Case Material	Stainless Steel
Lens Material	AR Coated Sapphire Glass
Strap Material	Fluororubber
Water Resistance	200 meters (20 ATM)
Clasp Type	Tang Buckle
Weight	114g
Wearable Length	5.51-8.27 inches (140-210 mm)



Image 7.1: Detailed diagram illustrating the dimensions and key specifications of the BERNY AM1970M watch.

8. WARRANTY INFORMATION

BERNY watches typically come with a manufacturer's warranty covering defects in materials and workmanship. Please refer to the warranty card included with your purchase for specific terms, conditions, and duration. Keep your proof of purchase for warranty claims.

9. CUSTOMER SUPPORT

For any questions, concerns, or service requests regarding your BERNY Automatic Dive Watch AM1970M, please contact BERNY customer service through the retailer where the watch was purchased or visit the official BERNY website for support contact information.



[Sama Sama: Singapore's 60 Years of Art and Identity at Whitestone Gallery](#)

Explore 'Sama Sama', an exhibition celebrating 60 years of Singapore's nation-building through 101 diverse artworks by 60 local contemporary artists and collectives, curated by Dr. Wang Ruobing at Whitestone Gallery.



[Liste de Concordance des Indicateurs Téléphoniques Français](#)

Ce document fournit une liste exhaustive des indicateurs téléphoniques français, incluant les noms des échanges de la région parisienne et les codes associés aux départements, facilitant la recherche et la compréhension des numérotations téléphoniques.

A document titled 'BUC Racing Academy Super Copa Roshfrans: Classified and Non-Classified Drivers - Phase 2 Results'. It contains a large table with multiple columns of names, numbers, and times, listing the results of the race phase 2.

[BUC Racing Academy Super Copa Roshfrans: Classified and Non-Classified Drivers - Phase 2 Results](#)

Official results for the BUC Racing Academy Super Copa Roshfrans Phase 2, listing classified and non-classified drivers with their lap times.